



Crostata with Mushrooms and Pancetta

READY IN



60 min.

SERVINGS



4

CALORIES



547 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter cut into small pieces
- ☐ 0.5 cup cheese smoked grated (try a combo of mozzarella and fontina)
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped (or rosemary, oregano, parsley, or a combination)
- ☐ 3 tablespoons ice water
- ☐ 1.5 tablespoons juice of lemon
- ☐ 0.5 cup mascarpone cheese
- ☐ 2 ounces pancetta diced

- ☐ 2 tablespoons parmesan freshly grated
- ☐ 1.5 cups side dish vegetables leftover (like sauteed mushrooms and shallots)
- ☐ 0.5 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ pastry brush

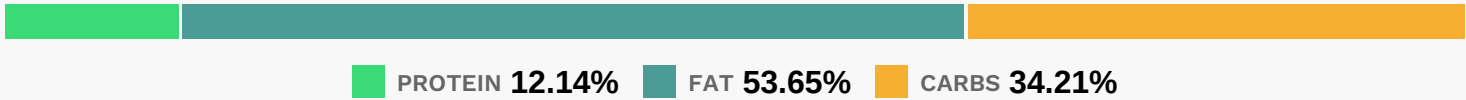
Directions

- ☐ In a food processor combine the flour, and 1/2 teaspoon salt. Pulse to combine.
- ☐ Add the butter and pulse until the butter is finely chopped and the mixture resembles a coarse meal. In a small bowl combine the lemon juice and mascarpone.
- ☐ Add the mascarpone mixture to the food processor and pulse a few times.
- ☐ Add the ice water and run the machine just until the mixture is moist and crumbly, but does not form a ball. Do not over mix. Turn the dough out onto a sheet of plastic wrap. Press into a disk, cover, and refrigerate for 20 minutes.
- ☐ Meanwhile, preheat the oven to 400 degrees F. Cook the pancetta in a small saute pan over medium heat until golden and crisp, about 4 minutes.
- ☐ Add the herbs and stir.
- ☐ Transfer the pancetta, herbs, and the pan juices to a medium bowl.
- ☐ Add the leftover vegetables, grated cheeses, the remaining 1/2 teaspoon salt, and pepper. Toss to combine and set aside.
- ☐ Place the chilled dough on parchment paper.
- ☐ Roll the dough out into a 12-inch wide circle about 1/4-inch thick.

- ☐
- Spread the vegetables out in the center of the dough leaving a 2-inch border.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:28.93, Inflammation Score:-10, Nutrition Score:17.71695630965%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 546.99kcal (27.35%), Fat: 32.6g (50.16%), Saturated Fat: 17.95g (112.16%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 42.66g (15.51%), Sugar: 0.49g (0.54%), Cholesterol: 119.32mg (39.77%), Sodium: 646.79mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.19%), Vitamin A: 4333.57IU (86.67%), Selenium: 25.91µg (37.01%), Vitamin B1: 0.5mg (33.52%), Folate: 114.29µg (28.57%), Manganese: 0.52mg (26.1%), Vitamin B2: 0.41mg (24.3%), Vitamin B3: 4.24mg (21.21%), Phosphorus: 206.66mg (20.67%), Iron: 3.29mg (18.28%), Calcium: 177.43mg (17.74%), Fiber: 4.11g (16.46%), Vitamin C: 10.08mg (12.21%), Zinc: 1.47mg (9.77%), Vitamin B12: 0.55µg (9.15%), Magnesium: 35.47mg (8.87%), Vitamin B6: 0.16mg (7.88%), Copper: 0.16mg (7.78%), Potassium: 266.18mg (7.61%), Vitamin B5: 0.64mg (6.41%), Vitamin E: 0.51mg (3.37%), Vitamin D: 0.38µg (2.5%), Vitamin K: 1.48µg (1.41%)